

## ABSTRACT

A device for limiting the movement of one body relative to another. In one embodiment, a device for limiting the movement of a first body in relation to a second body is disclosed which includes a bendable piece of material, wherein the piece includes a first section and a second section contiguous to the first section, wherein the second section forms a first angle with respect to the first section, wherein the first angle is measured in a counter-clockwise direction from the first section, wherein the first angle is at least zero degrees and is less than 135 degrees when the piece is un-deflected, and wherein at least a portion of the first section is attachable to the second body.